

Diet

The people of the Trobriand Islands have a very healthy diet. Their staples are tubers (mainly yams, sweet potatoes, cassava, and taro) plus fish and fresh fruit (bananas, papayas, pineapples, mangos, guava, water melon, pumpkins, and coconut).

Healthy recipe

Trobriand fruit skewers (serves 6-8)

Ingredients

3 bananas, peeled and sliced into 1" rounds
1 pineapple, cut into 1" square cubes
1 mango, peeled and cut into 1" square cubes
½ water melon, cut into 1" square cubes or balls
2 cups shredded coconut (use sweetened or non-sweetened)

Wood skewers

Directions

1. Prepare the fruit. To cut the coconut, trim off the top, trim straight across the bottom so it will stand up straight, slice down the sides to cut off the outer skin, and then slice the pineapple into chunks.
2. Push the chunks of fruit onto the skewers, rotating the juicy fruit with the banana pieces (will make 7-12 skewers). Put on serving plates.
3. Divide up the shredded coconut into small serving bowls so diners can dip their skewers into the coconut.
4. Serve with fish and boiled yams.